

people with sensitive skin or extensive cuts or scratches on the head or neck. If you fit in any of these categories, please consult with your health care provider for guidance. Manual (by hand) removal of lice and nits is an alternative treatment to chemical treatment.

When using lice treatment products, be sure to read and follow directions provided on the product. It is important that all nits be removed after the lice treatment product is used, since the product may not kill all of the nits. Nits may be combed out with a special nit removal comb. These combs can be purchased at most local drugstores and occasionally are included in the lice treatment products. Nits can also be removed manually. The head should be checked daily for nits for the next 10 to 14 days. If new nits are found, indicating a re-infestation, consult with your health care provider for further treatment options.

Since lice may have dropped off of the scalp or crawled onto inanimate objects, it is important that personal items and surroundings be given attention.

- Machine wash all washable and possibly infested items such as clothes, and bed sheets in hot water. Dry them in a hot dryer.
- Put non-washables such as furry toys or pillows in a hot dryer for 20 minutes
- Experts used to suggest bagging items, such as stuffed animals, for a number of weeks to help prevent re-infestation. There is no evidence that this measure was helpful and it is now believed that vacuuming these items is a sufficient safeguard.
- Combs and brushes should be replaced or cleaned by placing in boiled water for about 10 minutes
- Upholstered furniture, mattresses, car seats, and rugs or carpet should be thoroughly vacuumed.

The use of lice treatment sprays (which are insecticides) is not recommended because they can be harmful to people and animals. Vacuuming is a safer alternative to the use of sprays.

When can your child return to class?

Tennessee day care licensing regulations require proof of treatment for a child to return to the class. Our Head Start program also has a "no nit" policy. A head that is free of lice and nits would be considered proof of treatment and would follow our "no nit" policy. Your child will be checked by Head Start staff for nits and lice upon return to class.